

AN OLD MAN'S TRIBUTE.

An Old Fruit Dealer, 78 Years Old, Cured of a Terrible Case after Ten Years of Suffering.



SIDNEY JUSTUS.

These were especially severe when stooping to lift anything and often I could hardly straighten my back. The aching was bad in the day time, but just as bad at night, and I was always lame in the morning. I was bothered with rheumatic pains and dropsical swelling of the feet. The urinary passages were painful and the secretions were discolored and so free that often I had to rise at night. I felt tired all day. Half a box served to relieve me, and three boxes effected a permanent cure.

For sale by all dealers. Price 50 cents. Foster-Milburn Co., Buffalo, N. Y.

IF YOU are a student in a business college, bookkeeping, shorthand, stenography, typewriting, telegraphy and penmanship, send for a copy of our new book, "A Student's Guide to the Study of Business," which contains a full course of instruction in all these subjects. It is a complete course in itself, and is the best book for the student. Address: NATIONAL BUSINESS COLLEGE, 101-105 N. 4th Street, Quincy, Illinois.

SMOKERS FIND LEWIS' SINGLE BINDER is a better quality than most 100 Cigarettes.

IN MEDICAL PRACTICE.

By means of the leprolin serum, a temporary cure has been effected in a number of cases under the care of the mission of leprosy in India, and the patients are kept in special observation wards.

Inasmuch as a soldier wounded in battle sometimes lacks the strength to call out for help, Dr. Matignon, a French doctor in the Japanese Red Cross service, has invented a whistle which, with a very slight exertion, gives a loud sound.

The purification of the water supply of Chicago and the improvement of the drainage system of that city have cut the mortality from typhoid fever down to about one-third of the death list from that disease when the population was little more than half as great as it is now.

According to Dr. T. L. Macdonald, the prosperous and strenuous mental life, combined with working, explains the frequency of Bright's disease in an official article at Washington. He says that controlling is the germ of Bright's disease. Mental activity and physical quiescence aid in the production and carrying out and worry are also causative factors. Bright's disease is prone to attack the intellectual and the anxious. Alcohol, he thinks, is not as potent a cause as is generally believed.

A rubber film glove has been devised for surgeons. The gloves are "put on" by inserting the hands in a weak solution of quinine percha in benzene or acetone. The purpose of the film is to seal the surface of the hands with an insensible, impervious and practically imperceptible pellicle, which will not admit heat, pus or secretions. Such a protective measure for surgeons is said to be preferable to working with rubber gloves, inasmuch as the sense of touch or pliability of the skin is not impaired in any way.

CHANCED HUSBAND.

Wife Made Wise Change in Food.

Change of diet is the only way to really cure stomach and bowel trouble. A woman says:

"My husband had dyspepsia when we were married and had suffered from it for several years. It was almost impossible to find anything he could eat without bad results.

"I thought this was largely due to the use of coffee and persuaded him to discontinue it. He did so, and began to drink Postum Food Coffee. The change did him good from the beginning. His digestion improved; he suffered much less from his nervousness and when he added Grape-Nuts food to his diet he was soon entirely cured.

"My friend, Mrs. —, of Venusburg (my former home), had become a nervous wreck also from dyspepsia. Medicines had no effect, neither did travel help her. On my last visit home, some months ago, I persuaded her to use Grape-Nuts food. She was in despair, and consented. She stuck to it until it restored her health so completely that she is now the most enthusiastic friend of Grape-Nuts that I ever knew. She eats it with cream or dry, just as it comes from the pack age—keeps it in her room and eats it whenever she feels like it.

"I began eating Grape-Nuts food myself, when my baby was two months old, and I don't know what I should have done without it. My appetite was gone, I was weak and nervous and afforded but very little nourishment for the child. The Grape-Nuts food, of which I soon grew very fond, speedily set all this right again, and the baby grew healthful, rosy and beautiful as a mother could wish. He is two years old now and eats Grape-Nuts food himself. I wish every tired young mother knew of the good that Grape-Nuts would do her."

Names given by Postum Co., Battle Creek, Mich.

There's a reason.

POOR SCHOOL GIRLS

SURELY THEY HAVE GRIEVOUS TROUBLES OF THEIR OWN.

About Cliques—The Girl Who Is "Not in My Set"—Lack of Gown Keeps Girl from Commencement—Over-Dressing at Grammar School Graduation—Changing Schools—Nothing Finer Than Tussle with Irregular Verb.

BY MARGARET BANGSTER.

(Copyright, 1924, by Joseph D. Bowles.) This talk is for you, Dorothy, or Eleanor, or Katherine. It is not meant for your older sister who goes to college, nor for your cousin Jean, who came out just after Easter, and goes to parties. You are a school girl, and you are told every day by grown people that you are living your happiest days. Father and mother say so, and of course they must be right; they always are, but you have doubts. There are times when you would very gladly change places with girls who don't go to school, if only you could.

For school life has its shadow, as well as its sunshine.

In your school there are cliques. There are girls who get together and keep together, and shut others out. You cannot define or explain it, but it is as if a magic circle were drawn around a particular set, and the girls within it were divided by an immense distance from the other girls. Often there is one girl who is your admiration, whom you prefer to every one else, a girl so pretty, so lovable, that you are contented to be near her, and breathe the same air, but she never sees you; she is not in your set at all. Girls may recite in the same classes, have the same teachers; if at boarding school occupy adjoining rooms, yet never cross the unseen and imaginary line that separates one set from another.

Teachers disapprove of cliques and try to break them up, and mothers protest against them, but every school has one or more, with the law and the Outis at silent warfare, or, less invidious to each other. The situation is a trying one, and the tendency to cliques a great pity. It promotes envy and jealousy, both bad traits in character.

Wherever there is a girl who is a born leader, she has her followers. She has her caprices, too. Like a queen she condescends or she stands aloof. If you love the tones of her voice, and like the way her hair curls, and admire her dimples, and think her hats and boots perfect, you are hurt that she never sees you, and that you are not one of those who compose her little court. I know about this, girls. I have believed the little drama enacted many a time, and I am sorry for poor Jessie who longs in vain that Queen Isabel should notice her, so sorry that there have been days when I would have been glad to shake Miss Isabel and set her free from her proud complacency. Queens should not trample on their subjects.

Another reason for uneasiness at school may be summed up in a single word—clothes. School girls should dress very simply. I am not sure that a uniform would not be a good solution of some school problems; just a blouse and a skirt, with gymnasium shoes and cap. There ought to be no great difference in the dress of girls who are about on a plane in their work. But once in awhile a girl's mother has fads, or is eccentric, and sends her little daughter to school dressed in an odd or conspicuous fashion, which is torture to a sensitive disposition.

Sometimes a girl's poverty interferes with her comfort. She cannot dress as well as others do, and at certain times, commencement for instance, she must either look inferior to the rest or stay away from the public exercise.

Girls are apt to be over-dressed at graduation from the grammar school. There is no fitness in anything except great simplicity when a winsome little maiden passes from one graded school to another. Decked out like little brides, with tucks and flounces, frills, puffs and embroidery, with white gloves, white slippers, white ribbons, and an amount of costly elegance, that makes needless a carriage, the daughter of the banker may go to her graduation, and no one at home suffer a pang.

Side by side with her in class may be the bright little daughter of a clerk on a small salary, or of a day laborer. The pride and ambition of the latter will deprive his home of necessities, and saddle him with debt, but his Florence shall sit by his employer's fireplace, and the one shall be dressed as expensively as the other. I have known school girls to forego the graduation honors because their parents could not compete with others in the dress that custom has enjoined. A diploma costs too much for a scanty purse.

The question of dress should never be a question of perplexity to the schoolgirl, yet it far too often crops up and makes trouble. Really, a schoolgirl should have no bother about her dress. Any plain neat stuff that will do her good service is the right thing. She requires no ornaments. Her ornaments are the roses in her cheeks, the brightness in her eyes.

But girls, you do have good times at school, don't you? School is a world of its own. The new scholar feels this, and it takes her some little time to find out the laws and regulations that govern it. Always take pains to set

her at ease. You were there first, and you know the code.

I was very much vexed when I was myself a schoolgirl, when an older friend put lightly aside my regret at leaving one school and going to another in a distant town.

"I have to leave my friends," I said, with eyes that the tears dimmed.

"Oh, never mind, you'll soon find others just as good."

Others just as good! Every girl knows how foolishly vain was this consolation. I did find others, of course, but they were not just as good, in one sense, for they and I had to begin and build up from the foundations. The sweetest thing about old friends, and it is as true at 14 as at 40, that they know lots of things without being told. You and they have grown together into a complete understanding that cannot be built in one day.

Girls, there is this about school sunshine, too, that makes it very satisfying. Books are unfurling for you. You are getting hold of new ideas. You are learning the joy of mastery over tough subjects. Nothing is finer than having a tussle with algebra or Latin or physics, and coming out on the other side, a conqueror. I am not sure that any joy surpasses this. The old concrete problem, the irregular verb, the secret that dies out of your sight like a bird, to catch hold of them to keep them fast, to know that they are yours forever, to find your mind obeying your will—girls, this is triumph, this is glory, this is joy.

More about it another time? I propose in the coming series to take up a number of subjects that school girls will find practical. Perhaps I can give you a lift over some new place. I want to help you, if I can.

PRETTY STOCK AND CUFFS

A Late Fashion for These Dress Accessories Is the Italian Cut—Work Here Shown.

Italian cut work is the latest thing in embroidery, and it is most effective and easy to do, says Sarah Hale Hunter, in the Philadelphia Press. The materials to be used are very heavy linen.



A LATE FASHION.

either in white, ecru or pale blue, and white mercerized cotton.

After you have transferred your design to the linen buttonhole the edges with a very short, close stitch. Work the entire design in this way, with the exception of the straight lines running from side to side.

These should be crossed with a double thread and caught to the edges only. These threads must then be worked with a close buttonhole stitch.

After these are finished cut out the linen between the buttonhole edges, but be sure that the buttonholing runs



A CUFF DESIGN.

around every line of the pattern, and that it is always worked toward the part that is to be cut out. Be careful, also, never to cut the cross threads.

HEALTH AND BEAUTY.

Asparagus and carrots are good for the kidneys.

Eat plenty of spinach. It acts as a tonic and a beautifier.

Potatoes, when mealy, are easily digested. When close and watery they are hard to digest.

Good soap, soft water, plenty of fruit, early hours and a daily walk in all weather is a complexion aid.

Anyone can have a clear complexion. There is a simple remedy at hand, and it is water, which should be drunk freely, but not at meals.

A poultice of soap and sugar will draw a swelling on the finger to a head in a few hours and the same poultice will draw a splinter from finger or nail.

Powder is bad for enlarged pores. Twelve drops of tincture of benzoin in a basin of water used after washing the face will tend to contract them. You should eat as little meat as possible.

Does your skin look shiny in spite of powdering? This is because the powder will not adhere. To remedy go over the face with a little sweet almond oil, wipe away and then powder.

To make honey water dissolve one tablespoonful of honey in one quart of water, add the juice of one lemon. It is not entirely without soothing action on the throat when a cough is present.

For Blackheads.

The complexion brush used every night and morning with warm water and castile soap will keep the complexion free from blackheads. Twice a week apply a saturated solution of magnesia. Be careful of the diet, eat plenty of fresh fruit, drinking three plates of water a day.

BOOM OF TOM JOHNSON.

Not Likely That the Dunne Scheme in Chicago Has Him for Principal.

The gossip that Mayor Dunne, of Chicago, is booming Tom Johnson for the presidency should be discouraged. It is prohibited by the tenets of the square deal. Let us not forget that Judge Dunne is a new man in politics, and as yet a sort of guest of the guidances. They should treat him with great deference, says the Washington Star. He may save ope of his own. Who knows? His Chicago victory was a notable one in its way, and he has hardly as yet grasped his opportunities. He lives in an atmosphere of self-assertion, and it is not usual for a Chicago man to boom anybody but himself. That he admires Mr. Johnson is altogether probable, and that the two men will be found supporting the same policies for 1908 is reasonably certain. But let us not at this stage of the game put Judge Dunne down as a Johnson man. He may know somebody he likes better nearer home.

Besides, Mr. Johnson, prominent as he is in the circles advocating government ownership of public utilities, has yet to demonstrate strength outside the city of Cleveland. He has tried his hand twice on the state of Ohio and failed. Another campaign there is just opening, and his fortunes are in the scale. He is the most prominent democrat in action. John R. McLean has withdrawn from the field, and the candidate for governor is a new and untired man, whose success would not militate against Mr. Johnson at all, but rather aid him. It would be contended by the Johnson men that their favorite achieved the victory.

We should be cautious, then, about imagining, at this time, Judge Dunne, or any other democrat of national reputation, as a Johnson boomer. If, with a candidate and a platform to suit him, and his old rival, McLean, out of the way, Mr. Johnson again loses Ohio, why talk about him as his party's candidate for president three years hence? But if he carries Ohio there may be a different tale to tell. In that case the Johnson men may be expected to see a good deal in the near future for him, and to stir their stumps in drumming up support for him. Still, even then, Judge Dunne would hardly take a definite stand in a important matter so far in advance of a reasonable time for decision.

ROOT FOR SECRETARY.

Successor to the Portfolio of State a Choice That Will Please the Country.

The selection of Elihu Root for secretary of state will please the country. Mr. Root has the intellectual and the moral equipment necessary for the post. One of the most skillful lawyers in the country, he is also well informed on domestic and foreign politics, and has a wide acquaintance among public men at home and abroad, says the St. Louis Globe-Democrat. As secretary of war from the time of the Aguinaldo rebellion onward to 1904, he introduced reforms into his department and evinced a grasp of military affairs which made him the best war minister the country has had except Stanton.

At a time when the United States is taking an especially large share in the affairs of the world it is necessary that its foreign minister should be a man well versed not only in international law, but should have a wide acquaintance with the larger issues of the politics of the great nations. Such a man is Elihu Root. A few weeks hence the representatives of Russia and Japan will meet in this country to arrange the terms of peace, and incidentally mark out the lines on which the politics of Asia will be conducted for the next few years. The proceedings of this peace convention will be in English. The position of Secretary Root's country in this exigency will be peculiarly delicate. In a particularly large degree the eyes of the world will be on the United States in this crisis.

The new secretary of state has qualifications of intellect and temperament which make him well equipped for the duties of his office during this exacting period. He has the tact which is needed in a high degree in a situation like that in which the country finds itself at this time. No man in American public life has a better faculty for making and holding friends. He can meet the social as well as the intellectual demands of his office to the satisfaction of the country. The death of Mr. Hay brought Elihu Root immediately into the minds of his countrymen of all parties and all sections for the succession, and the president's selection has given concrete expression to this popular preference.

The president could have chosen no worthier successor to John Hay than Elihu Root, whose acceptance of the office of secretary of state will bring a sense of confident satisfaction to the country.—Philadelphia Ledger.

In tendering the appointment of secretary of state to Hon. Elihu Root, President Roosevelt has rendered a service of great value to the government of the United States. Mr. Root will make an able and resourceful secretary of state.—N. Y. World (Dem.).

Through the presidential career of Theodore Roosevelt runs as a master chord the belief that to public life, as in private affairs, the first consideration of service should be honest and high-minded zeal for the interests of the employer.—Cleveland Leader.

For the present it is enough to rejoice that Mr. Root has consented to become secretary of state. If his hand misses the artistic literary finish of Hay's, it lacks nothing of robust strength and fine dexterity. Mr. Root has demonstrated the highest administrative ability. He is masterful in every direction.—Philadelphia Press.

Let Your Grocer Bring Your Breakfast

—A little fruit—a jar of cream—and Egg-O-See.

Worry not about cooks or cooking—we've done all that for you—for Egg-O-See is flaked whole wheat—cooked exactly right.

Strong in its sweet simplicity. Pure in its natural flavor of perfect flaked whole wheat—Egg-O-See is nature's food.

An Egg-O-See breakfast makes your dinner and supper taste better.

Back to Nature—Eat Egg-O-See. Don't worry about meals, their cooks—or their cooking—Eat Egg-O-See—for nothing else by any other name is the same—or nearly as good—and try it now—for your grocer sells Egg-O-See.

The Price or Quality of Egg-O-See has never been changed

If you can find a grocer who does not sell Egg-O-See, send us his name and two cents, enclosing this pamphlet, and we will send you a full-sized package prepaid. Address: THE EGG-O-SEE CO., Quincy, Ill.

SICK HEADACHE



Positively cured by these Little Pills.

They also relieve Distress from Dyspepsia, Indigestion and Too Hearty Eating. A perfect remedy for Dizziness, Nausea, Headaches, Bad Taste in the Mouth, Coated Tongue, Pain in the Side, TORPID LIVER. They regulate the Bowels. Purely Vegetable.

SMALL PILL. SMALL DOSE. SMALL PRICE.



Genuine Must Bear Fac-Simile Signature

Refuse Substitutes.

PATENTS

45-page book FREE. High class references. FITCHER & CO., Box 2, Washington, D. C.



A. N. K.—B 2084

PIMPLES BLACKHEADS



Cuticura SOAP

To treat Pimples and Blackheads, Red, Rough, Oily Complexions, gently smear the face with Cuticura Ointment, the great Skin Cure, but do not rub. Wash off the Ointment in five minutes with Cuticura Soap and hot water, and bathe freely for some minutes. Repeat morning and evening. At other times use Cuticura Soap for bathing the face as often as agreeable. No other Skin Soap so pure, so sweet, so speedily effective.

Cuticura Soap contains delicate medicinal and emollient properties derived from Cuticura, the great Skin Cure, with the power of cleansing, softening and the most penetrating of soaps. It is made in one of our large—namely, a Mailed Soap Box for \$1.00. Price 50¢ a Box. Cuticura Soap, New York, Boston, St. Paul, Minn., and everywhere.



FOR WOMEN

treated with this peculiar toilet soap, used at a dose, is remarkably successful. Thoroughly cleanses, kills disease germs, stops discharges, heals inflammation and local sores, cures hemorrhoids and nasal catarrh. Because it is powerful, it is to be dissolved in pure water, and is far more effective, healing, germicidal and economical than liquid soaps for all TOILET AND WOMEN'S SPECIAL USES. For sale at all drug stores, 50 cents box. Try this Box and Book of Instructions Free. THE R. PAXTON COMPANY BOSTON, MASS.

Let Common Sense Decide

Do you honestly believe, that coffee sold loose (in bulk), exposed to dust, germs and insects, passing through many hands (some of them not over-clean), "blended," you don't know how or by whom, is fit for your use? Of course you don't. But



LION COFFEE

is another story. The green berries, selected by keen judges at the plantation, are skillfully roasted at our factories, where precautions you would not dream of are taken to secure perfect cleanliness, flavor, strength and uniformity.

From the time the coffee leaves the factory no hand touches it till it is opened in your kitchen.

This has made LION COFFEE the LEADER of ALL PACKAGE COFFEES.

Millions of American Homes welcome LION COFFEE daily. There is no stronger proof of merit than continued and increasing popularity. "Quality survives all opposition."

(Sold only in 1 lb. packages. Lion-head on every package.)

(Save your Lion-heads for valuable premiums.)

SOLD BY GROCERS EVERYWHERE

WOOLSON SPICE CO., Toledo, Ohio.

GET WHAT YOU PAY FOR

And pay only for what you get. It is your dealer's duty to give you the best thing he can get in footwear. Make it a point to ask for the

"ALWAYS JUST CORRECT"

CLOVER BRAND SHOES

Just a little better than you have been used to getting, combining WEAR, DURABILITY, STYLE and COMFORT with ECONOMY

Made by

Wertheimer-Swarts Shoe Co.

LARGEST FINE SHOE EXCLUSIVISTS

ST. LOUIS, U. S. A.

PILES NO MONEY TILL CURED. Dr. J. C. Thompson, 1000 One St. Kansas City, Mo. (Branch Office at St. Louis)